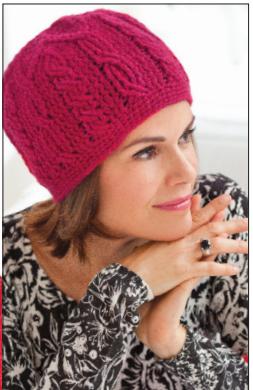


LAURA ZANDER



# Crochet Red

CROCHETING FOR WOMEN'S HEART HEALTH



FOREWORDS BY  
DEBORAH NORVILLE  
AND  
VANNA WHITE



sixth&springbooks NEW YORK

# Crochet Red

CROCHETING FOR WOMEN'S HEART HEALTH

LAURA ZANDER



FOREWORDS BY  
DEBORAH NORVILLE AND  
VANNA WHITE



## DEDICATION

This book is dedicated to the hundreds of women who shared their stories of heart disease over the past two years. Thank you for being so honest and open. Keep it up—you are making a difference!



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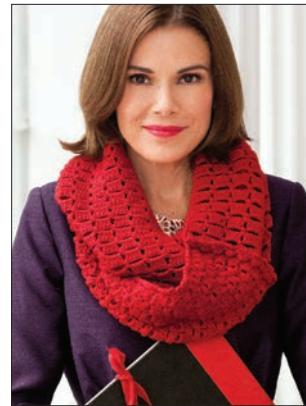
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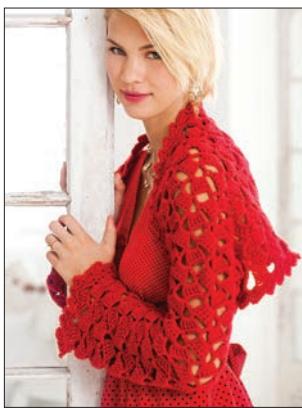
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## A MESSAGE FROM THE HEART TRUTH

For instructions  
to make this  
heart-shaped  
sachet, see  
page 140.



The National Heart, Lung, and Blood Institute's *The Heart Truth*® campaign is proud to have Jimmy Beans Wool and its inspiring campaign Stitch Red, which raises awareness of women's heart disease, as a partner. Our programs share a common goal: to educate women about the risk factors for heart disease and encourage them to take action to protect their heart health.

Stitch Red's mission parallels that of *The Heart Truth*: to give women a personal and urgent wake-up call about their number-one killer—heart disease. *The Heart Truth*, along with its partners, empowers women to make a commitment to managing their potential risk for heart disease. Although a woman's risk increases between the ages of forty and sixty, heart disease can affect women of any age—so it's never too soon or too late to take action for a healthy heart.

Our hope is that you'll be inspired to share the *Heart Truth*® message with friends, family, and fellow crafters, so they become motivated to start making healthy changes in their daily lives. Help each other take the first steps toward a healthy diet: not smoking, getting regular physical activity, and maintaining a healthy weight. Reaching your goal of a healthy lifestyle will help protect your heart for a lifetime.

We thank you for your continued support and dedication to women's heart health!

Ann M. Taubenheim, Ph.D., M.S.N.  
Project Director, *The Heart Truth*  
National Institutes of Health, National Heart, Lung, and Blood Institute







*projects and profiles*



KATHY MERRICK

# Peplum Jacket

A button-down jacket with a flattering peplum shape features a pretty border pattern repeated at the collar, waist, sleeves, buttonband, and bottom.



## SIZES

Instructions are written for size X-Small. Changes for Small, Medium, Large, and X-Large are in parentheses.  
(Shown in size Small.)

## MEASUREMENTS

BUST (BUTTONED)  
28½ (33, 36½, 40¾, 44½)"/72.5  
(84, 93.5, 103.5, 113)cm  
LENGTH  
23 (24, 25, 26, 27)"/58.5  
(61, 63.5, 66, 68.5)cm

## MATERIALS

- 4 (5, 6, 7, 8) 3½oz/100g hanks (each approx 525yd/480m) of Swans Island Company Natural Colors Collection Fingering (organic merino) in garnet
- Size D/3 (3.25mm) crochet hook or size to obtain gauge
- 6 (6, 7, 7, 8) buttons, ¾"/2cm diameter

## GAUGE

28 sts and 14 rows = 4"/10cm over body pat using size D/3 (3.25mm) crochet hook.

► Take time to check gauge.

## STITCH GLOSSARY

**Cl (cluster)** [Yo, pull up an extended lp in indicated st or sp] 4 times; yo and draw through all 9 lps on hook, ch 1.

## BORDER PATTERN

(multiple of 12 sts plus 3, ch 1 extra for foundation)

**Set-up row 1** Sc in 2nd ch from hook; \*ch 1, sk next ch, sc in next ch; rep from \* to end.

**Set-up row 2** Sc in first sc, \*ch 1, sk next ch-1 sp, sc in next sc; rep from \* to end.

**Row 1** Ch 1, sc in first sc, ch 1, sk next ch-1 sp, sc in next sc; \*ch 5, sk next 2 ch-1 sps, sl st in next ch-1 sp 2 rows below, ch 5, sk 2 ch-1 sps, sc in next sc, ch 1, sc in next sc; rep from \* to end.

**Row 2** Ch 1, sc in first sc, ch 1, sk ch-1 sp, sc in next sc; \*[ch 1, sk ch-1 sp, dc in next skipped sc of prev row] 4 times, ch 1, sc in next sc, ch 1, sk next ch-1 sp, sc in next sc; rep from \* to end.

Rep rows 1 and 2 for border pat.

## BODY PATTERN

(multiple of 4 sts plus 1, beg set-up with 2 extra sts)

**Set-up row 1** Sc in 1st sc, (ch 3, cl) in same st, sk 4 sts, (sc, ch 3, cl) in next st, \*sk 3 sts, (sc, ch 3, cl) in next st, rep from \* to last 5 sts, sk 4 sts, sc in last st.

**Set-up row 2** Ch 3, cl in first sc, (sc, ch 3, cl) in each ch-3 sp to last sp, sc in last sp.

**Row 1** Ch 3, cl in first sc, (sc, ch 3, cl) in each sp to end.

**Row 2** Ch 3, cl in first ch-3 sp, (sc, ch 3, cl) in each sp to last sp, sc in last sp.  
Rep rows 1 and 2 for body pat.

## NOTE

Jacket is worked in one piece back and forth to underarm, then divided for fronts and back.

## BODY

**HIP**  
Ch 220 (244, 268, 292, 316), and work set-up rows 1 and 2 of border pat.  
Work rows 1 and 2 of border pat 4 (4, 5, 6, 6) times, then work row 1 once more.

**Next row (WS)** Ch 1, sc in each sc and ch-1 sp across—219 (243, 267, 291, 315) sts.

Work set-up rows 1 and 2 of body pat, then work rows 1 and 2 of body pat until piece measures 6½ (7, 7½, 8, 8½)"/16.5 (18, 19, 20.5, 21.5)cm, ending after a pat row 1.

**Next row (WS)** Ch 1, work 171 (195, 219, 243, 267) evenly across row.

## WAIST

Work set-up row 2 of border pat twice.

Work rows 1 and 2 of border pat 5 (5, 6, 6, 7) times, then work row 1 once more.

**Next row (WS)** Ch 1, work 189 (221, 245, 273, 297) evenly across row.



## KATHY'S STORY

Kathy Merrick wanted to be an artist when she grew up, a childhood aspiration that turned out quite accurate. With a great eye for color, Kathy creates stunning works of art using yarn as her canvas. Because of the way she collects different yarns and weaves them together in striking and often daring color combinations, Kathy jokingly calls herself a magpie—she's not afraid to play with seemingly mismatched shades and is attracted to bright colors that others might shy away from. Her adventurous style and deftness with color inspired a spectacular book, *Crochet in Color: Techniques and Designs for Playing with Color*. That's exactly what Kathy encourages crocheters to do: play! She loves to teach others to find inspiration and experiment with color in their crafting. Kathy's father suffered from rheumatic fever as a child, which later led to heart disease; his struggle inspired her to get on board with the Stitch Red campaign.



## KATHY'S TIP

TAKE ADVANTAGE OF YOUR SURROUNDINGS!  
Kathy takes long walks in the beautiful Morris Arboretum and Fairmount Park in nearby Philadelphia.





NICKY EPSTEIN

# Heart-Shaped Coat

This showstopping sweater is all drama and all heart, with deep textures, asymmetrical fronts and back, and a velvet ribbon woven through the collar.



## SIZES

Instructions are written for size Small. Changes for Medium, Large, and X-Large are in parentheses. (Shown in size Small.)

## MEASUREMENTS

BUST 34 (38½, 42¾, 47½)"/86.5 (97.5, 108.5, 119.5)cm  
BOTTOM EDGE 61¼ (65¾, 70, 74½)"/155.5 (167, 177.5, 189)cm  
BACK LENGTH (NOT INCLUDING COLLAR)  
15 (15, 17, 17)"/38 (38, 43, 43)cm

## MATERIALS

- 10 (11, 12, 13) 3½oz/100g hanks (each approx 220yd/201m) of Cascade Yarns 220 Superwash (superwash wool) in #893 ruby (#1)
- One each sizes H/8 and I/9 (5 and 5.5mm) crochet hook or size to obtain gauge
- Stitch marker
- Tapestry needle
- 2 yards of ¾" velvet ribbon
- 3 buttons, 1⅛" diameter (shown: JHB Buttons by Nicky Epstein, #93366 Lancelot)

## GAUGES

2 scales and 8 rows = 4"/10cm by 3¾"79.5cm over crocodile st using size I/9 (5.5mm) crochet hook.

16 sts and 10 rows = 4"/10cm in FPdc using size H/8 (5mm) crochet hook.

► Take time to check gauges.

## STITCH GLOSSARY

**FPdc (front post double crochet)**  
Yo, insert hook from front to back to front around post of indicated st, draw up a lp, [yo and draw through 2 lps on hook] twice.

**BPdc (back post double crochet)**  
Yo, insert hook from back to front to back around post of indicated st, draw up a lp, [yo and draw through 2 lps on hook] twice.

**FPtr (front post treble crochet)**  
Yo twice, insert hook from front to back to front around post of indicated st, draw up a lp, [yo and draw through 2 lps on hook] 3 times.

**BPtr (back post treble crochet)**  
Yo twice, insert hook from back to front to back around post of indicated st, draw up a lp, [yo and draw through 2 lps on hook] 3 times.

## CROCODILE STITCH

Ch a multiple of 6 plus 4.

**Row 1 (RS)** 2 tr in 4th ch from hook, \*ch 2, sk 2 ch, 2 tr in next ch; rep from \* to end.

**Row 2** Ch 3, turn (turn work 90 degrees to crochet around prev tr on row below), \*5 tr around post of first tr of 2-tr group from top to base, ch 1, 5 tr around post of second tr of 2-tr group from base to top (scale made), sk next 2-tr group; rep from \* to last 2-tr group, 5 tr around

post of first tr of 2-tr group from top to base, ch 1, 5 tr around post of second tr of 2-tr group from base to top.

**Row 3** Ch 3, turn, \*2 tr bet next 2-tr group (in center of scale), ch 2, 2 tr bet next 2-tr group (crochet between tr of unworked 2-tr group below and ALSO catch the ch-2 between scales), ch 2; rep from \* to last 2-tr group, 2 tr bet next 2-tr group.

**Row 4** Ch 3, turn (turn work 90 degrees to crochet around prev tr on row below), \*sk next 2-tr group, 5 tr around post of first tr of 2-tr group from top to base, ch 1, 5 tr around post of second tr of 2-tr group from base to top; rep from \* to last 2-tr group, sk last 2-tr group.

**Row 5** Ch 3, turn, 2 tr bet first skipped 2-tr group below and ALSO crochet around last tr of prev scale, \*ch 2, 2 tr bet next 2-tr group (in center of scale), ch 2, 2 tr bet next 2-tr group (crochet between last tr of next scale and first tr of prev scale, catching ch-2 bet scales); rep from \* to end. Rep rows 2–5 for crocodile st, ending with 2 tr bet next (skipped) 2-tr group.

## NOTES

I) Cardigan is worked from bottom edge to yoke in one piece. Sleeves are worked directly onto the armhole down to the cuff.



## NICKY'S STORY

Nicky Epstein's unique, well-thought-out, and often quirky designs are instantly recognizable and have given life to over twenty books, including *Crocheting on the Edge* and *Crochet for Dolls*. After her gorgeous design for *Knit Red*, we couldn't wait to have her back for *Crochet Red!* It is important to Nicky to use her work to promote worthy causes. She has lost family and friends to heart disease and hopes to raise awareness of how serious a danger it is to women. It's hard to fit exercise and a healthy diet into Nicky's busy lifestyle—after all, she'd rather be sitting down to design or crochet! Living in New York, she gets in plenty of walking, especially when she knows she'll be sitting later. She also substitutes vegetable oils for animal fats, limits red meat and salt, and enjoys treats in moderation: stick to one piece of that antioxidant-rich dark chocolate!





VICKIE HOWELL

# Yoga Bag

A simple, open mesh pattern and a fabric-lined handle make a caddy for your yoga mat that will get you to the gym in style.



## MEASUREMENTS

### LENGTH

26"/66cm

### CIRCUMFERENCE

16"/40.5cm

## MATERIALS

- 1 2.4oz/70g skein (each approx 282yd/258m) of Bernat Cotton-ish by Vickie Howell (cotton/acrylic) in #85434 crimson twine (3)
- Size G/6 (4mm) crochet hook or size to obtain gauge
- Tapestry needle
- 28½"/72.5cm x 1½"/4cm piece of cotton fabric
- Coordinating thread and sewing needle

## GAUGE

14 sts/2 pat reps and  
4 rows = 3½"/9cm over shell  
pat using size G/6 (4mm)  
crochet hook.

►Take time to check gauge.



## STITCH GLOSSARY

**Hdc2tog** Yo, insert hook in indicated st and draw up a lp, yo, insert hook in next st and draw up a lp, yo, draw through all 5 lps on hook.

**FPhdc** Yo, insert hook around post of next st at front of work, inserting hook from right to left, yo, pull through post, yo, draw through all lps on hook.

**BPhdc** Yo, insert hook around post of next st at front of work, inserting hook from left to right, yo, pull through post, yo, draw through all lps on hook.

## NOTES

- 1) Bag is worked from the top down in the round. Do not turn work at the end of each rnd.



## VICKIE'S STORY

Vickie Howell does it all: she designs, writes, hosts, and consults for HGTV's *Knitty Gritty*, is a spokeswoman for Craft Corps, which encourages crafters to share their stories, and is also a busy mom! So we're overjoyed that she contributed a design to *Crochet Red*. Vickie supports other great causes: she founded the Purple Stitch Project to help children with seizure disorders, and is active in the Epilepsy Foundation. Vickie lives in trendy, artistic Austin, where she finds inspiration in the people and sights, including vintage shops—anything bright is liable to catch her eye! Vickie's family is fortunate enough to have avoided heart disease, but she's still aware of the risk: Texas was named in a study of areas prone to obesity, a huge indicator for heart problems. Luckily, she's a fantastic and healthy cook: her vegetarian chili could win a chili cook-off, even in Texas!





MARLY BIRD

# Sweater with Cowl

A perfect layering piece for any season is crocheted in two luxuriously soft yarns, with three-quarter sleeves and an attached cowl.



## SIZES

Instructions are written for size X-Small. Changes for Small, Medium, Large, and X-Large are in parentheses.  
(Shown in size Small.)

## MEASUREMENTS

### BUST

35 (39½, 42, 46½,  
51½)"/89 (100, 106.5, 118,  
130.5)cm

### LENGTH

26 (26, 27, 28, 29½)"/66  
(66, 68.5, 71, 75)cm

## MATERIALS

- 3 (4, 4, 5, 6) 3½oz/100g hanks (each approx 328yd/300m) of Bijou Spun Sport Weight (yak) in deep red (A) (2)
- 3 (3, 4, 4, 4) 1¾oz/50g balls (each approx 435yd/398m) of Bijou Spun Seraphim (angora/viscose) in pomegranate (B) (0)
- Size F/5 (3.75mm) crochet hook or size to obtain gauge
- Tapestry needle

## GAUGE

6 reps and 14 rows = 7"/18cm over asymmetrical pat using size F/5 (3.75 mm) crochet hook.  
►Take time to check gauge.

## STITCH GLOSSARY

### Dc2tog (double crochet 2 together)

Yo and pull up a loop in next dc, yo and draw through 2 loops, sk next dc, yo and pull up a loop in next dc, yo and draw through 2 loops, yo and draw through all 3 loops on hook—2 sts decreased.

## ASYMMETRICAL PATTERN

(multiple of 7 sts plus 4)

**Row 1 (RS)** (4 dc, ch 2, dc) in 7th ch from hook, [sk 6 ch, (4 dc, ch 2, dc) in next ch] to last 4 ch, sk 3 ch, dc in last ch.

**Row 2** Ch 2, [(4 dc, ch 2, dc) in next ch-2 sp] across, dc in t-ch.

Rep row 2 for asymmetrical pat.

## ASYMMETRICAL PATTERN DECREASES

**Dec row 1** Ch 4, (dc, ch 2, dc) in 1st ch-2 sp, [(4 dc, ch 2, dc) in next ch-2 sp] to last ch-2 sp, 4 dc in last ch-2 sp, tr in t-ch.

**Dec row 2** Ch 3, (dc, ch 1, dc) in 1st dc, [(4 dc, ch 2, dc) in next ch-2 sp] to last ch-2 sp, 3 dc in last ch-2 sp, dc in t-ch.

**Dec row 3** Ch 4, [(4 dc, ch 2, dc) in next ch-2 sp] across, sk last ch-1 sp, tr in t-ch.

## PINEAPPLE PATTERN

(multiple of 21 sts plus 3)

**Row 1 (RS)** (Dc, ch 1, dc) in 7th ch from hook, ch 2, sk 4 ch, \*(dc, ch 1, dc) in next ch, ch 2, sk 3 ch, (dc, ch 1, dc) in next ch, ch 2, sk 4 ch, (dc, ch 1, dc) in next ch, ch 2, sk 3 ch, (dc, ch 1, dc) in next ch.

ch 2, sk 2 ch, (dc, ch 1, dc) in next ch, ch 2, sk 4 ch, (dc, ch 1, dc) ch 2; rep from \* to last 13 ch, (dc, ch 1, dc) in next ch, ch 2, sk 3 ch, (dc, ch 1, dc) in next ch, ch 2, sk 4 ch, (dc, ch 1, dc) in next ch, ch 1, sk 2 ch, dc in last ch.

**Row 2** Ch 4 (counts as 1 dc and 1 ch here and throughout), [dc in next dc, dc in next ch-1 sp, dc in next dc, ch 2] across to last 2 dc, dc in next dc, dc in next ch-1 sp, dc in next dc, ch 1, sk 1 ch, dc in next ch.

**Row 3** Ch 4, sk next dc, [(dc, ch 1, dc) in next dc, sk next 2 dc and ch-sp, ch 2] across to last 3 dc, (dc, ch 1, dc) in next dc, ch 1, dc in 3rd st of t-ch.

**Row 4** Rep row 2.

**Row 5** Ch 4, dc2tog, [ch 3, dc2tog] across, ch 1, dc in 3rd st of t-ch.

**Row 6** Ch 3 (counts as dc here and throughout), (2 dc, ch 2, 2 dc) in dc2tog, ch 4, sc in next dc2tog, ch 6, sc in next dc2tog, ch 4, \*(2 dc, ch 2, 2 dc) in next dc2tog, ch 3, sk next dc2tog, (2 dc, ch 2, 2 dc) in next dc2tog, ch 4, sc in next dc2tog, ch 6, sc in next dc2tog, ch 4; rep from \* to last dc2tog, (2 dc, ch 2, 2 dc) in last dc2tog, dc in top st of t-ch.

**Row 7** Ch 3, (2 dc, ch 2, 2 dc) in ch-2 sp, ch 1, 9 tr in next ch-6 sp, ch 1, \*(2 dc, ch 2, 2 dc) in next ch-2 sp, ch 3, (2 dc, ch 2, 2 dc) in next ch-2 sp, ch 1, 9 tr in next ch-6 sp, ch 1; rep from \* to last ch-2 sp, (2 dc, ch 2, 2 dc) in last ch-2 sp, dc in top st of t-ch.



## MARLY'S STORY

Marly Bird learned to crochet from her grandmother while at the University of Colorado and was soon stitching during lectures and on track-and-field trips. After college, she went into finance but couldn't ignore the world of crafts: fiber arts, not finance, was for her. She quit her job and started a podcast, *The Yarn Thing*. Marly's designs have appeared in magazines such as *Knit Simple* and *Interweave Crochet*, along with several books, including three especially for plus-size women. Designing for curvy women is near and dear to Marly's heart; she teaches a Craftsy class called Curvy Knits, focusing on fitting techniques. She's lost family members to heart disease, and as a former athlete, she knows the importance of a healthy lifestyle and taking care of her heart. Her design is inspired by Rosemary Chapman, a dear friend who lost her son to heart disease.



## MARLY'S TIP

WITH THREE KIDS AND THREE DOGS, Marly has no trouble getting exercise! Having active pets is a great way for you to stay active.





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